WHAT IS CLAIMED IS:

1. A method of treating a subject with hot flashes, said method comprising the step of administering to said subject an anti-estrogen agent and/or its pharmaceutically acceptable salt, hydrate, N-oxide, or any combination thereof.

2. The method according to claim 1, wherein said anti-estrogen is a selective estrogen receptor modulator (SERM).

3. The method according to claim 1, wherein said anti-estrogen is a triphenylethylene.

4. The method according to claim 1, wherein said anti-estrogen is Toremifene.

5. The method according to claim 1, wherein said administering comprises intravenously, intraarterially, or intramuscularly injecting to said subject said pharmaceutical composition in liquid form; subcutaneously implanting in said subject a pellet containing said pharmaceutical composition; orally administering to said subject said pharmaceutical composition in a liquid or solid form; or topically applying to the skin surface of said subject said pharmaceutical composition.

6. The method according to claim 5 wherein said pharmaceutical composition is a pellet, a tablet, a capsule, a solution, a suspension, an emulsion, an elixir, a gel, a cream, a suppository or a parenteral formulation.

7. The method according to claim 1, wherein said antiestrogen is administered at a dosage of about 20 mg per day.

8. The method according to claim 1, wherein said antiestrogen is administered at a dosage of about 40 mg per day.

9. The method according to claim 1, wherein said antiestrogen is administered at a dosage of about 60 mg per day.

10. The method according to claim 1, wherein said antiestrogen is administered at a dosage of 80 mg per day.

11. A method of suppressing, inhibiting or reducing the risk of hot flashes, said method comprising the step of administering to said subject an anti-estrogen agent and/or its pharmaceutically acceptable salt, hydrate, N-oxide, or any combination thereof.

12. The method according to claim 11, wherein the anti-estrogen is a selective estrogen receptor modulator (SERM).

13. The method according to claim 11, wherein the anti-estrogen is a triphenylethylene.

14. The method according to claim 11, wherein the anti-estrogen is Toremifene.

15. The method according to claim 11, wherein said administering comprises intravenously, intraarterially, or intramuscularly injecting to said subject said pharmaceutical composition in liquid form; subcutaneously implanting in said subject a pellet containing said

pharmaceutical composition; orally administering to said subject said pharmaceutical composition in a liquid or solid form; or topically applying to the skin surface of said subject said pharmaceutical composition.

16. The method according to claim 15, wherein said pharmaceutical composition is a pellet, a tablet, a capsule, a solution, a suspension, an emulsion, an elixir, a gel, a cream, a suppository or a parenteral formulation.

17. The method according to claim 11, wherein said antiestrogen is administered at a dosage of about 20 mg per day.

18. The method according to claim 11, wherein said antiestrogen is administered at a dosage of about 40 mg per day.

19. The method according to claim 11, wherein said antiestrogen is administered at a dosage of about 60 mg per day.

20. The method according to claim 11, wherein said antiestrogen is administered at a dosage of 80 mg per day.

21. A method of treating a subject with gynecomastia, said method comprising the step of administering to said subject an anti-estrogen agent and/or its pharmaceutically acceptable salt, hydrate, N-oxide, or any combination thereof.

22. The method according to claim 21, wherein said anti-estrogen is a selective estrogen receptor modulator (SERM).

23. The method according to claim 21, wherein said anti-estrogen is a triphenylethylene.

24. The method according to claim 21, wherein said anti-estrogen is Toremifene.

25. The method according to claim 21, wherein said administering comprises intravenously, intraarterially, or intramuscularly injecting to said subject said pharmaceutical composition in liquid form; subcutaneously implanting in said subject a pellet containing said pharmaceutical composition; orally administering to said subject said pharmaceutical composition in a liquid or solid form; or topically applying to the skin surface of said subject said pharmaceutical composition.

26. The method according to claim 25 wherein said pharmaceutical composition is a pellet, a tablet, a capsule, a solution, a suspension, an emulsion, an elixir, a gel, a cream, a suppository or a parenteral formulation.

27. The method according to claim 21, wherein said antiestrogen is administered at a dosage of about 20 mg per day.

28. The method according to claim 21, wherein said antiestrogen is administered at a dosage of about 40 mg per day.

29. The method according to claim 21, wherein said antiestrogen is administered at a dosage of about 60 mg per day.

30. The method according to claim 21, wherein said antiestrogen is

administered at a dosage of 80 mg per day.

31. A method of suppressing, inhibiting or reducing the risk of gynecomastia, said method comprising the step of administering to said subject an anti-estrogen agent and/or its pharmaceutically acceptable salt, hydrate, N-oxide, or any combination thereof.

32. The method according to claim 31, wherein the anti-estrogen is a selective estrogen receptor modulator (SERM).

33. The method according to claim 31, wherein the anti-estrogen is a triphenylethylene.

34. The method according to claim 31, wherein the anti-estrogen is Toremifene.

35. The method according to claim 31, wherein said administering comprises intravenously, intraarterially, or intramuscularly injecting to said subject said pharmaceutical composition in liquid form; subcutaneously implanting in said subject a pellet containing said pharmaceutical composition; orally administering to said subject said pharmaceutical composition in a liquid or solid form; or topically applying to the skin surface of said subject said pharmaceutical composition.

36. The method according to claim 35, wherein said pharmaceutical composition is a pellet, a tablet, a capsule, a solution, a suspension, an emulsion, an elixir, a gel, a cream, a suppository or a parenteral formulation.

37. The method according to claim 31, wherein said antiestrogen is administered at a dosage of about 20 mg per day.

38. The method according to claim 31, wherein said antiestrogen is administered at a dosage of about 40 mg per day.

39. The method according to claim 31, wherein said antiestrogen is administered at a dosage of about 60 mg per day.

40. The method according to claim 31, wherein said antiestrogen is administered at a dosage of 80 mg per day.